

# Lexington Senior Services

## January/February Newsletter



Jan/February 2015 Issue 390

Lexington Senior Center 1475 Mass Ave. Lexington, MA 02420 781-861-0194 [www.lexingtonma.gov](http://www.lexingtonma.gov)

### Property Tax Discussion

**Tuesday January 6<sup>th</sup> from 9:30 to 11:30 am**



Recent changes in property values may have resulted in a change in the property tax you owe. As a result of intensive field work and an increase in the market, you may have noticed that your property value increased! Plan to join Robert Lent, Town Assessor, for a discussion about Lexington's property values. There will be time for your questions. Light refreshments and coffee served.

**Please sign up by calling 781-861-0194 so we may expect you.**



### "Let's Talk About Change"

**Monday January 5<sup>th</sup> from 1:00 – 2 p.m.**

**Monday February 2<sup>nd</sup> from 1:00 – 2 p.m.**

Things are going to change... like it or not! The weather changes, seasons change – we change, and yet, we have an innate tendency to resist change: in our jobs or careers, in our relationships and even physically.

This two part discussion will cover how change makes us feel and then, discuss secrets you can learn to help you handle transitions. Join Charlotte Rodgers, Human Services Director for coffee, tea and dessert.

**Please sign up so we may expect you by calling 781-861-0194.**

### "Friends of the COA Italian Lunch"

**Thursday, February 12<sup>th</sup> at noon.**

Join us for a Valentine's Day lunch catered by Whitson's. Enjoy chicken parmesan, pasta, a garden salad, garlic bread and dessert.

**Cost is \$5. Please pay and register with the receptionist by February 5<sup>th</sup>.**



### Scams and Updates

**Thursday, February 23<sup>rd</sup> at 10:30 a.m.**

Join us to hear the latest updates on current scams and other important public safety events from Lexington Police Department detectives.

**Sign up at 781-861-0194.**



### Celebrate Chinese New Year 2015 – The Year of the Sheep

**Wednesday, February 25<sup>th</sup> from 9 a.m. to 1 p.m.**

Join the Evergreen Support Group as they host the longest and most important celebration in the Chinese calendar. Traditional song, music and dance will be on the agenda.

**Please sign up at 781-861-0194**

Sign Up for January/February Programs begins:  
December 17<sup>th</sup> for Lexington residents/December 24<sup>th</sup> for Non-Residents  
(Sign up in person, drop-off or by mail)

## Human Services Staff

Phone 781-861-0194 Fax 781-863-2271  
 Web Site Address—<http://www.lexingtonma.gov>  
 Monday—Friday, 8:30 a.m.—4:30 p.m.

Charlotte Rodgers, RN, MA, CCM Director  
 Kelly Axtell, BS, MBA, Asst. Director Senior Services  
 Alicia Grunes, RN, BSN  
 Paula McGlynn, Office Manager  
 Gwen Jefferson, Administrative Clerk  
 Karen Edwards, Program Clerk  
 Susan Snow, Outreach Assistant  
 Gina Rada, Veterans Services Director  
 Jeanette Rebecchi, Transportation Manager  
 Linda Judkins, Transportation Clerk

[crodders@lexingtonma.gov](mailto:crodders@lexingtonma.gov)  
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[kedwards@lexingtonma.gov](mailto:kedwards@lexingtonma.gov)  
[ssnow@lexingtonma.gov](mailto:ssnow@lexingtonma.gov)  
[grada@lexingtonma.gov](mailto:grada@lexingtonma.gov)  
[jrebecchi@lexingtonma.gov](mailto:jrebecchi@lexingtonma.gov)  
[ljudkins@lexingtonma.gov](mailto:ljudkins@lexingtonma.gov)

## Worthy of Note

### Veterans Services Coffee Thursday February 5<sup>th</sup> from 9:00 to 10:30 a.m.

Join us to welcome Gina Rada as the new Veterans District Director for the Towns of Lexington/Bedford. As our new Veterans Officer, Gina will be responsible for the oversight of State and Federal services and benefits for veterans and their families. Gina served our country in the United States Air Force, 66<sup>th</sup> Medical Operations Squadron from 2003 – 2008 and served one tour of duty in Afghanistan. We are excited to have Gina join the Human Services team and the Town of Lexington organization! Please join us for coffee and refreshments and spend some time getting to know your new Veterans Services Director.

### Powerful Tools for Caregivers (6wks) Tuesday, January 20<sup>th</sup> – February 24<sup>th</sup> from 9 a.m. –10:30 a.m.

Provides tools and strategies to better handle the unique challenges faced by family caregivers. Topics include self-care behaviors, management of emotions, self-efficacy and use of community resources.

Leaders are trained and certified by Minuteman Senior Services.

**Sign up at 781-861-0194**



### Sand for Seniors **NEW!**

Winter is upon us, and that means snow and icy conditions. To help make this winter safer and decrease the risk of falls, Senior Services has teamed up with the Rotary Club of Lexington to pilot a new program that **delivers a bucket of salt or sand to your doorstep**. The **Sand 4 Seniors** program is available *only* to Lexington residents' age 60 or older. You need to live in your own home – persons living in an apartment complex, condo or public housing are not eligible. If you are unable physically or financially to acquire a bucket, this program may be for you! Refills will be provided on a schedule to be determined once the program is up and running.

**For more information and to sign up, please call 781-861-0194 and ask to speak with Outreach Assistant Susan Snow.**

### Changes to Blood Pressure Clinic

Please note there have been changes to Thursday blood pressure clinics.

Please see page 5 for more details.



## January/February Programs: Drop-In

**Stretch & Bend:** Monday-Friday, 9 to 9:30 a.m.  
Self led stretching & flexibility group - free

### Scrabble

Mondays, January 5<sup>th</sup> - February 23<sup>rd</sup> from 1 to 3 p.m.

### Parkinson's Support Group

Tuesday, January 27<sup>th</sup> and February 24<sup>th</sup> at 1 p.m.

### Money Matters

Tuesday, January 6<sup>th</sup> - February 24<sup>th</sup>, 9:30 to 11:30 a.m. 

### World Affairs

Tuesday, January 6<sup>th</sup> - February 24<sup>th</sup> at 1:30 p.m.  
A discussion group focused on world affairs.

### An Hour with Natalie Kaufman

(Katherine Clark's Lexington liaison)

Wednesday, January 7<sup>th</sup> and February 11<sup>th</sup> at 10:30 a.m.

### An Hour with Senator Donnelly

Wednesday, January 21<sup>st</sup> and February 18<sup>th</sup> at 10:30 a.m.

### Bridge

Wednesdays, January 7<sup>th</sup> - February 25<sup>th</sup> from 1 to 3 pm.

### Computer & Technology Group

Wednesday, January 7<sup>th</sup> - February 25<sup>th</sup> at 10 a.m.

Join us for presentations, demos and Q&A help on various computer topics. See our announcements and updates at [www.tinyurl.com/lex-comp-grp](http://www.tinyurl.com/lex-comp-grp).

### Low Vision Group (at Brookhaven)


Thursday, January 22<sup>nd</sup> and February 26<sup>th</sup> from 11:00 a.m. to 12 p.m. Meeting is held at the Clubroom, park in the visitor parking area. No RSVP required.

### Line Dancing

Thursday, January 8<sup>th</sup> - February 26<sup>th</sup> from 1:30 to 2:30 p.m. **\$3 to the receptionist before class.**

### Current Events

Friday, January 9<sup>th</sup> - February 27<sup>th</sup> at 1:15 p.m.

Join us for a lively discussion about the week's news. 

### Tai Chi Practice Group

Friday, January 9<sup>th</sup> - February 27<sup>th</sup> from 11 a.m. to 12 p.m.

We welcome all who have a little knowledge of Tai Chi to come and practice with us.

## January/February Programs: Sign Up at 781-861-0194

### Lets Talk About Change

Monday, January 5<sup>th</sup> and February 2<sup>nd</sup> at 1 p.m.  
Join Charlotte Rodgers, Human Service Director.

### Chronic Disease Self Management ( in Mandarin)

Mondays, March 9<sup>th</sup> - April 13<sup>th</sup>.

### Property Tax Discussion

Tuesday, January 6<sup>th</sup> from 9:30 a.m. to 11:30 am.  
Join Robert Lent, Town Assessor, for a discussion on property values.

### Vitamin B12 Program

Tuesday, January 13<sup>th</sup> at 11:30 a.m.  
Are you at risk for vitamin B12 anemia? What are some signs and symptoms? Join Peg Mikkola, RD, LDN from Minuteman Senior Services.


### Chinese New Year

Wednesday, February 25<sup>th</sup> from 9 a.m. to 1 p.m.  
Join the Evergreen Support Group as they host the longest and most important celebration in the Chinese calendar.

### Scams

Thursday, February 23<sup>rd</sup> at 10:30 a.m.  
Join us to hear the latest updates on current scams and other important public safety events from Lexington Police Department detectives.


### Ask The Nurse – Alicia Grunes, RN, BSN Diet Changes While on Coumadin

Thursday, January 8<sup>th</sup> from 10 a.m. to 11 a.m. 

### Heart Healthy Eating

Thursday, February 12<sup>th</sup> from 10 a.m. to 11 a.m.


### Friends of the COA Italian Lunch

Thursday, February 12<sup>th</sup> at noon.  
Join us for a Valentine's Day lunch catered by Whitson's. **Please pay \$5 and register by February 5th.** 

### Caregivers Group

Thursday, January 8<sup>th</sup> and February 5<sup>th</sup> from 1 -2:30 p.m.  
This is a support group for caregivers of individuals with memory impairment. Please call Mary Demakes 978-771-3375 to be sure the group fits your needs.

### Beginner Quilting

Thursdays, January 8 - March 12, 1:00 - 3:00 p.m.  
Jane Norberg instructor. Begin a sampler quilt or work on smaller projects to give as gifts. **\$60/10 classes.** 

### Advanced Quilting

Thursdays, January 8 - March 12, 9:00 - 11:30 a.m.  
Jane Norberg instructor. Explore advanced machine quilting techniques and design sampler type quilts using varied block shapes and sizes. **\$60 /10 classes.**

## Fitness Classes

### JANUARY/FEBRUARY FITNESS SIGN UP

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone# \_\_\_\_\_

PLEASE CHECK WHICH PROGRAM OR PROGRAMS  
YOU WILL BE ATTENDING:

- ☐ **Yoga Beginner Level:**  
Mondays, 2:45 – 3:50 p.m.  
January 5 - February 23 \$36
- ☐ **Yoga Intermediate Level:**  
Fridays, 9:30 – 10:35 a.m.  
January 9 - February 27 \$48
- ☐ **Tai Chi:**  
Wednesdays, 1:30 - 2:30 p.m.  
January 7 - February 25 \$32
- ☐ **60+ Fitness:**  
Mondays & Wednesdays  
from 9:45-10:45 a.m.  
January 5 - February 23 \$39
- ☐ **Friday Fitness:**  
10:00-11:00 a.m.  
January 9 - February 27 \$24
- ☐ **Seated Strength:**  
Tuesdays & Thursdays  
from 11:00 - 12:00 p.m.  
January 6 - February 26 \$48
- ☐ **Seated Strength:**  
Tuesdays & Thursdays  
from 12:00 -1:00 p.m.  
January 6 - February 26 \$48

*Please note: sign up in person, drop off or mail in your payment along with the completed fitness form. Please make check payable to the Town of Lexington.*



## Transportation Services

### LEXPRESS

Lexington's community bus service, runs Monday through Friday 6:35a.m.– 6:30p.m. Senior/disabled riders ride FREE on all routes between the hours of 9:00 a.m.- 2:00 p.m. For more information call Transportation Services at 781-861-1210.

### Lex-Connect Taxi Voucher Program

Lex-Connect offers discounted taxi rides for Lexington seniors and persons with a disability. The program operates Monday - Friday from 9a.m. to 5p.m. and Saturday/Sunday from 8a.m. to 8p.m. Vouchers are \$3 each for Lexington trips, and \$5 each for out of town trips. Rides within Lexington cost 1 voucher, rides to an adjacent town cost 2 vouchers, and rides to area towns cost 3 vouchers. Participants are limited to 10 vouchers per month. You must apply in person to use the program– pre-registration is required.

### FISH

FREE rides to medical appointments provided by volunteer drivers to seniors who do not have alternative transportation. For more information or to schedule a ride call 781-861-9300 between the hours of 9:00 a.m. and 1:00p.m. two operating days before your trip.



### LEXPRESS

#### now features real-time GPS bus tracking

Want to know when the next Lexpress bus is arriving? Riders can now track their Lexpress bus via computer, text message, or web-enabled cell phone! Visit <http://tracker.lexpress.us> to see when your bus will arrive. A link to download the free cell phone app is located in the drop-down menu on the upper right side of the webpage.

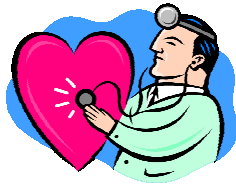
Lexpress Tracker features include:

- Bus Times – see estimated arrivals
- Bus Map – see where buses are
- Track By Text – send a text message, get arrivals
- Service Updates - get service bulletins about holiday schedules, inclement weather, detours, etc.

## Health and Wellness

### You and Your Heart

February is Heart Healthy month, heart disease continues to be the #1 killer of men and women in the United States. Heart disease can be prevented if you take a few steps to improve your health. Quit smoking- according to the American Heart Association, one year after quitting smoking your chance of having heart disease decreases by 50%. Exercising, eating a balanced healthy diet and making regular checkups with your doctor are all ways to prevent heart disease.



### Spot the Signs of a Heart Attack

Did you know that women can have different heart attack symptoms than men? Men typically report chest pressure, or the feeling of "an elephant on my chest."

Women can have pain in the jaw, abdomen or back, nausea, lightheadedness, shortness of breath or unusual fatigue. Call 911 immediately if you have any of these symptoms. Many women tend to brush these symptoms off as stress or heartburn, when in reality they are having a heart attack. Time is crucial, the faster you get to the hospital, the less damage to your heart.

### "Ask the Nurse"

Alicia Grunes, RN,BSN



### "Diet Changes While on Coumadin"

**Thursday, January 8<sup>th</sup> from 10 a.m. to 11 a.m.**

It is hard to figure out what you should and should not eat while on Coumadin. Typically providers tell you it is all about moderation, but how much is too much?

**Sign up at 781-861-0194**

### "Heart Healthy Eating"

**Thursday, February 12<sup>th</sup> from 10 a.m. to 11 a.m.**

Come learn some easy tips on how to make healthy choices while grocery shopping. Being on a restricted diet such as low sodium or low sugar can make it challenging to find easy to make foods.

**Sign up at 781-861-0194**

## Living Well

**Meals-on-Wheels** (Minuteman Senior Services.)  
Home-delivered meals. Call 781-272-7177.

### SHINE

Counselors are available to help you with your health insurance. Call the Senior Center at 781-861-0194 to make an appointment. *SHINE counselors are provided by Minuteman Senior Services.*

### Senior Health Outreach Program

This program is a service provided by the Town of Lexington to seniors who are homebound and unable to easily access health screenings. The service includes regular home visits conducted by a registered nurse as well as consultation and home visits by a social worker if needed. To find out more about this program, please contact Alicia Grunes at 781-861-0194.



### Veterans Services

For Veterans services information please call Gina Rada at 781-860-7091 or her cell phone at 781-953-3160.



### Changes to Blood Pressure Clinic

**NEW!**

1<sup>st</sup> Thursday of the month - 10:00-11:00 a.m.,  
**Lexington Senior Center** 1475 Mass. Avenue

3<sup>rd</sup> Thursday of the month - **ALL Villages**  
**Countryside Village** - 10:00-10:30 a.m.  
off Woburn St.- in Lexington Housing Authority  
Office Building/Meeting Room.  
**Greeley Village** - 10:45- 11:15 a.m.  
off Bedford St., turn in on Tewksbury St. or Shirley St.  
in the center building/meeting and laundry facilities.  
**Vynebrooke Village** - 11:30-12:00 p.m.  
off Waltham St.- in the center building

### Upcoming Podiatry Dates with Dr. Kaplan:




**Thursday, January 22 & Thursday, February 26**

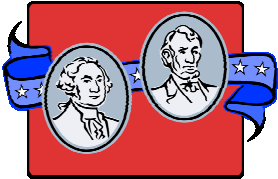

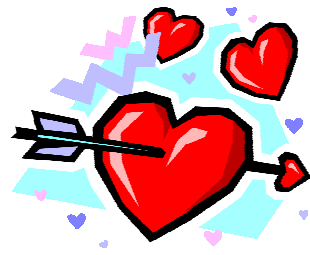
**\*\*NO WALK-INS BY APPOINTMENT ONLY\*\***

**Call the Senior Center at 781-861-0194 to schedule your appointment. \$30 fee- pay the doctor.**

The doctor provides trimming and filing ONLY. If you require more, your insurance may cover an office visit. Any questions please contact Alicia Grunes, RN, BSN, Human Service Nurse 781-860-7085.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h1>January 2015</h1>			<b>CLOSED</b> <b>NEW YEARS DAY</b> 	9:00 Stretch & Bend 12:00 Lunch-Lex Café \$ 1:00 Ping Pong
<b>5</b> 9:00 Stretch & Bend 9:45 60+ Fitness \$ 12:00 Lunch-Lex Café \$ 12:00 LHS Alumni Lunch 1:00 Scrabble 1:00 Ping Pong 1:00 Talk About Change 1:45 ESL 2:45 Yoga -Beginner \$	<b>6</b> 9:00 Stretch & Bend 9:30 Property Tax 11:00 Strength Training\$ 12:00 Strength Training\$ 12:00 Lunch Lex Cafe \$ 1:30 World Affairs	<b>7</b> 9:00 Stretch & Bend 9:45 60+ Fitness \$ 10:00 Computer Group 10:30 Natalie Kaufman 12:00 Lunch-Lex Café\$ 1:00 Ping Pong 1:00 Bridge 1:30 T'ai Chi \$ 3:00 COA Meeting	<b>8</b> 9:00 Stretch & Bend 9:00 Advanced Quilt \$ 9:00 Fix-It-Shop 9:30 Beg. French \$ 10:00 SHINE 10:00 Ask The Nurse 11:00 Strength Training \$ 12:00 Strength Training \$ 12:00 Lunch-Lex Café \$ 1:00 Caregivers 1:00 Beg. Quilting \$ 1:30 Line Dancing \$	<b>9</b> 9:00 Stretch & Bend 9:30 Yoga Intermed \$ 10:00 Friday Fitness \$ 11:00 Tai Chi Practice 12:00 Lunch-Lex Café \$ 1:00 Ping Pong 1:15 Current Events 1:30 BINGO \$
<b>12</b> 9:00 Stretch & Bend 9:45 60+ Fitness \$ 12:00 Lunch-Lex Café \$ 1:00 Scrabble 1:45 ESL 1:00 Ping Pong 2:45 Yoga -Beginner \$	<b>13</b> 9:00 Stretch & Bend 9:30 Money Matters 11:00 Strength Training\$ 11:30 B12 Program 12:00 Strength Training\$ 12:00 Lunch-Lex Café \$ 1:15 Movie 1:30 World Affairs	<b>14</b> 9:00 Stretch & Bend 9:45 60+ Fitness \$ 10:00 Computer Group 12:00 Lunch- Lex Café\$ 1:00 Ping Pong 1:00 Bridge 1:30 T'ai Chi \$	<b>15</b> 9:00 Stretch & Bend 9:00 Advanced Quilt \$ 9:00 Fix-It-Shop 9:30 Beg. French \$ 9:30 FCOA Meeting 10:00 SHINE 10:00 BP All Villages 11:00 Strength Training \$ 12:00 Strength Training \$ 12:00 Lunch-Lex Café \$ 1:00 Beg. Quilting \$ 1:30 Line Dancing \$	<b>16</b> 9:00 Stretch & Bend 9:30 Yoga Intermed \$ 10:00 Friday Fitness \$ 11:00 Tai Chi Practice 12:00 Lunch-Lex Café \$ 1:00 Ping Pong 1:15 Current Events 1:30 BINGO \$
<b>19</b> <b>CLOSED</b> <b>MARTIN LUTHER KING DAY</b> 	<b>20</b> 9:00 Stretch & Bend 9:00 Powerful Tools 9:30 Money Matters 11:00 Strength Training\$ 12:00 Strength Training\$ 12:00 Lunch-Lex Café \$ 1:30 World Affairs	<b>21</b> 9:00 Stretch & Bend 9:45 60+ Fitness \$ 10:00 Computer Group 10:30 Sen. Donnelly 12:00 Lunch-Lex Café \$ 1:00 Ping Pong 1:00 Bridge 1:30 T'ai Chi \$	<b>22</b> 8:45 Podiatry 9:00 Stretch & Bend 9:00 Advanced Quilt \$ 9:00 Fix-It-Shop 9:30 Beg. French \$ 10:00 SHINE 11:00 Strength Training \$ 12:00 Strength Training \$ 12:00 Lunch-Lex Café \$ 1:00 Beg. Quilting \$ 1:30 Line Dancing \$	<b>23</b> 9:00 Stretch & Bend 9:30 Yoga Intermed \$ 10:00 Friday Fitness \$ 11:00 Tai Chi Practice 12:00 Lunch-Lex-Café\$ 12:00 Memoirs 1:00 Ping Pong 1:15 Current Events 1:30 BINGO \$
<b>26</b> 9:00 Stretch & Bend 9:45 60+ Fitness \$ 10:00 Mah Jong \$ 12:00 Lunch-Lex Café \$ 1:00 Scrabble 1:00 Ping Pong 2:45 Yoga-Beginner \$	<b>27</b> 9:00 Stretch & Bend 9:00 Powerful Tools 9:30 Money Matters 11:00 Strength Training\$ 12:00 Strength Training\$ 12:00 Lunch-Lex Café \$ 1:00 Parkinson's 1:15 Movie 1:30 World Affairs	<b>28</b> 9:00 Stretch & Bend 9:45 60+ Fitness \$ 10:00 Computer Group 12:00 Lunch-Lex Cafe \$ 1:00 Ping Pong 1:00 Bridge 1:30 T'ai Chi \$	<b>29</b> 9:00 Stretch & Bend 9:00 Fix-It-Shop 9:00 Advanced Quilt \$ 9:30 Beg. French \$ 10:00 SHINE 11:00 Strength Training \$ 12:00 Strength Training \$ 12:00 Lunch-Lex Café \$ 1:00 Beg. Quilting \$ 1:30 Line Dancing \$	<b>30</b> 9:00 Stretch & Bend 9:30 Yoga Intermed \$ 10:00 Friday Fitness \$ 11:00 Tai Chi Practice 12:00 Lunch-Lex-Café\$ 12:00 Memoirs 1:00 Ping Pong 1:15 Current Events 1:30 BINGO \$

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<b>2</b> 9:00 Stretch & Bend 9:45 60+ Fitness \$ 10:00 Mah Jong \$ 12:00 Lunch-Lex Café \$ 12:00 LHS Alumni Lunch 1:00 Talk About Change 1:00 Scrabble 1:45 ESL 2:45 Yoga -Beginner \$	<b>3</b> 9:00 Stretch & Bend 9:00 Powerful Tools 9:30 Money Matters 11:00 Strength Training\$ 12:00 Strength Training\$ 12:00 Lunch Lex Cafe \$ 1:15 Movie 1:30 World Affairs	<b>4</b> 9:00 Stretch & Bend 9:45 60+ Fitness \$ 10:00 Computer Group 10:30 Natalie Kaufman 12:00 Lunch-Lex Café \$ 1:00 Ping Pong 1:00 Bridge 1:30 T'ai Chi \$ 3:00 COA Meeting	<b>5</b> 9:00 Stretch & Bend 9:00 Fix-It-Shop 9:00 Advanced Quilt \$ 9:30 Meet & Greet Veterans 9:30 Beg. French \$ 10:00 SHINE 10:00 BP Senior Center 11:00 Strength Training\$ 12:00 Strength Training\$ 12:00 Lunch-Lex Café \$ 1:00 Caregivers 1:00 Beg. Quilting \$ 1:30 Line Dancing \$	<b>6</b> 9:00 Stretch & Bend 9:30 Yoga Intermed \$ 10:00 Friday Fitness \$ 12:00 Lunch-Lex Café \$ 12:00 Memoirs 1:00 Ping Pong 1:15 Current Events 1:30 BINGO \$
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<b>16</b> <b>CLOSED</b> <b>PRESIDENTS DAY</b> 	<b>17</b> 9:00 Stretch & Bend 9:00 Powerful Tools 9:30 Money Matters 11:00 Strength Training\$ 12:00 Strength Training\$ 12:00 Lunch-Lex Café \$ 1:15 Movie 1:30 World Affairs	<b>18</b> 9:00 Stretch & Bend 9:45 60+ Fitness \$ 10:00 Computer Group 10:30 Sen. Donnelly 12:00 Lunch-Lex Café \$ 1:00 Ping Pong 1:30 T'ai Chi \$	<b>19</b> 9:00 Stretch & Bend 9:00 Fix-It-Shop 9:00 Advanced Quilt \$ 9:30 FCOA Meeting 10:00 SHINE 10:00 BP All Villages 11:00 Strength Training \$ 12:00 Strength Training \$ 12:00 Lunch-Lex Café \$ 1:00 Beg. Quilting \$ 1:30 Line Dancing \$	<b>20</b> 9:00 Stretch & Bend 9:30 Yoga Intermed \$ 10:00 Friday Fitness \$ 12:00 Lunch Lex Cafe \$ Town Mgr. 1:00 Ping Pong 1:15 Current Events 1:30 BINGO \$
<b>23</b> 9:00 Stretch & Bend 9:45 60+ Fitness \$ 10:00 Mah Jong \$ 10:30 Scams 10:30 Scams/Fraud 12:00 Lunch-Lex Café \$ 1:00 Scrabble 1:45 ESL 2:45 Yoga-Beginner \$	<b>24</b> 9:00 Stretch & Bend 9:00 Powerful Tools 9:30 Money Matters 11:00 Strength Training\$ 12:00 Strength Training\$ 12:00 Lunch-Lex Café \$ 1:00 Parkinson's 1:30 World Affairs	<b>25</b> 9:00 Chinese New Year 1:00 Ping Pong 1:30 T'ai Chi \$ 	<b>26</b> 8:45 Podiatry 9:00 Stretch & Bend 9:00 Fix-It-Shop 9:00 Advanced Quilt \$ 9:30 Beg. French \$ 10:00 SHINE 11:00 Strength Training \$ 12:00 Strength Training \$ 12:00 Lunch-Lex Café \$ 1:00 Beg. Quilting \$ 1:30 Line Dancing \$	<b>27</b> 9:00 Stretch & Bend 9:30 Yoga-Intermed \$ 10:00 Friday Fitness \$ 12:00 Lunch Lex Café' 12:00 Memoirs 1:00 Ping Pong 1:15 Current Events 1:30 BINGO \$
			<b>FEBRUARY 2015</b> 	

## Trips

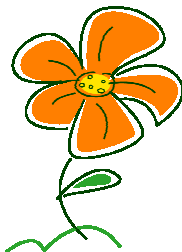
### Boston Flower Show \$10

Thursday, March 12<sup>th</sup>

Boston's biggest horticultural happening provides the tools and inspiration to kick off the season in style! Visitors leave behind the gray days of winter and explore the show, themed Season of Enchantment, to delight their senses and whet their appetites with thousands of ideas, tips and recipes to try in this year's garden. Lunch is on your own in the concession areas of the show floor.

**Depart 9:30 a.m. (from St. Brigid parking lot)**

**Return 2:00 p.m.**



### Trip Policy/Sign Up

**Sign Up :** You may sign up for trips as soon as you get your newsletter, trip sign up starts before regular programs. Lexington residents get preference.

**Accommodations:** If you require special seating please inform us upon registration for the trip.

**Departure:** The bus will leave 5 minutes after scheduled departure time

**Return:** Bus will leave 5 minutes after announced scheduled departure time

### Windowpane Shop Open 9:30 a.m.- 1:30 p.m. (closed on Thursdays)

Accepting donations of jewelry, small gift items and like new accessories on Monday & Friday mornings only.

### Fix It Shop

Open Tuesdays & Thursdays 9:00 to Noon



Do you have small items around the house that need repair? Bring them to the Fix-It Shop.

**Due to the scheduled move to the Community Center you must pick up all items by March 27<sup>th</sup> or they will be discarded.**

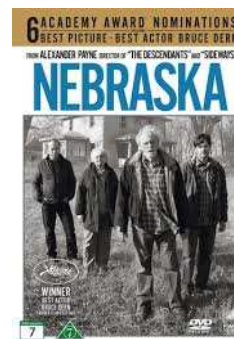
## Movies-Tuesday at 1:15

### January 13<sup>th</sup> - Nebraska

When a cantankerous old boozier thinks he's won a magazine sweepstakes prize, his son reluctantly takes a road trip with him to claim the fortune. As they drive from Montana to Nebraska, they visit friends and relatives to whom the dad owes money.

**Cast: Bruce Dern, Will Forte, June Squibb**

**Drama, R (115 min.)**



### January 27<sup>th</sup> - Philomena

Floundering BBC journalist Martin Sixsmith and aging Irishwoman Philomena Lee form an unlikely bond when they pair up to find the son Philomena was forced to give up for adoption 50 years ago.

**Cast: Judi Dench, Steve Coogan, Sophie Kennedy Clark**

**Drama, PG-13 (95 min.)**



### February 3rd- The Kennedys Season 1 (Disc 1)

Twentieth-century America's most storied political family gets the epic treatment in this miniseries that spans three decades of Kennedy history. The chronicle begins with Joseph Kennedy Sr.'s power plays and ends with his son Bobby's assassination

**Cast: Greg Kinnear, Harry Pepper, Katie Holmes, Tom Wilkinson**

**Drama, TV-14 (total run time 353 minutes)**



### February 10<sup>th</sup> - The Kennedys Season 1 (Disc 2)

This disc includes the following episodes: "Broken Promises and Deadly Barriers," "Moral Issues and Inner Turmoil: and "On the Brink of War."

### February 17<sup>th</sup> - The Kennedys Season 1 (Disc 3)

This disc includes the following episodes: "The Countdown to Tragedy" and "The Aftermath: A Family's Curse of Misfortune and Heartbreak."



## Senior Center News

### Newsletter Mailing Snowbirds-This is for you!

If you will be away for more than one month, please call the Senior Center and let us know how long you will be gone. With that one phone call, we can stop the mailing of your newsletter while you are away and resume mailing when you return. This helps us reduce our postage costs.

### COA Board Topics

If you have ideas for the COA board to discuss, please contact Nancy, COA chair at [nancya519@gmail.com](mailto:nancya519@gmail.com)

### Winter Weather Policy:

Call the Senior Center at 781-861-0194. The message will tell you that the Senior Center is:

- ♦ Open as usual
- ♦ Open after a delay
- ♦ Closed for the day

If schools are closed, all Senior Center programs and lunches (and Meals on Wheels) will also be cancelled.



### Save the Date:

### Chronic Disease Self Mgmt. (in Mandarin)

Info Session on Friday, March 6<sup>th</sup> at 10 a.m.

Course dates: Mondays, March 9<sup>th</sup> - April 13<sup>th</sup>

## Community News

### Lexington Veterans Association

**Monday, January 12<sup>th</sup>, at 1:15 p.m.** at Cary Memorial Library (Meeting Room.)

This program entitled: "VA Experiences with Returning Veterans," by Elizabeth Price, LICSW, Programming Director for returning Iraqi and Afghani Veterans.

**Monday, February 9<sup>th</sup>, at 1:15 p.m.** at Cary Memorial Library (Meeting Room.) This program entitled: A War Ends and a Legend Begins by Dan Breen, Professor of History, Newbury College. For more information about the Lexington Veterans Association visit our website at [www.lexingtonveteransassociation.com](http://www.lexingtonveteransassociation.com)



### Lexington Community Education Courses:

#### Beginner French (10 classes)

Thursdays, January 8 - March 19 (no class 2/19)  
from 9:30 to 11:30 a.m. \$150/Seniors \$120

#### Memoir Writing (7 classes)

Fridays, January 23 - March 13 (no class 2/20)  
from 12:00-1:30 p.m. \$165/Seniors \$125

**Preregistration and payment at 781-862-8043.**

### Munroe Center Senior Arts Programs

#### Mah Jongg

6 Mondays, January 26 - February 23  
from 10:00-11:30 a.m.

**Preregistration and payment at 781-862-6040.**

### Lexington's Martin Luther King Day of Community Service Volunteer Opportunity



Monday January 19, 2015 will mark the Second Annual Lexington MLK Day of Community Service, honoring Dr. King's legacy by carrying on his commitment to service. The program begins at 10:30 am by the Minuteman statue on the Battle Green, with a walk and then a brief program. At 11:45 am, all attendees will have an opportunity to participate in a service project such as card making for veterans, serving lunch at the senior villages or joining with homeless families at the Waltham YMCA. Want to volunteer? Check the town calendar or Senior Center for updated flyers.

### LHS Alumni Lunch/Get Together - Cost \$3

Monday, January 5<sup>th</sup> and February 2<sup>nd</sup> - 12 p.m. at the Senior Center. Join your classmates for lunch. **Call 781-861-0194 and ask for the kitchen.**



## Your Community



### O.W.L.L. Courses for Older, Wiser, Lifelong Learners

Friends of the Council on Aging Program supported by a grant from The Dana Home Foundation

## 2015 Spring Semester Courses

Some classes limited; sign up right away. Use form below or register and meet instructors at:

**Kick-Off Reception: Tuesday, January 13, 3:00 – 4:30 p.m. at the Cary Library.**

*Note: Except where noted, classes will meet at locations in Lexington to be determined.*

**Poetry Workshop** ~ Led by Cambridge poet Gavin Moses, participants will use everyday senses to explore universal themes in their lives. The workshop will include crafting poems and reading established poets to inform discussions. (Tuesdays, 10:00AM - 11:30, March 3, 10, 17, 24, 31)

**Taking a Play from Page to Stage with New Rep Theatre** ~ Focusing on the play, *Scenes from an Adultery*, the class will explore all aspects of theatrical production. Group outing to the New Rep Theatre at reduced rates will be optional. (Tuesdays, 1:30PM - 3:30, March 3, 10, 17, 24)

**Neuroscience for the Layperson** ~ Returning by popular request, five members of the neuroscience faculty at Wellesley College will share new insights to help lay people better understand the brain and its functions. (Wednesdays, 2:00PM – 3:30, March 4, 11, 18 & April 1, 8. Snow date April 15)

**Art of the Isabella Stewart Gardner Museum** ~ Mary Newell DePalma will recount Mrs. Gardner's exciting life and discuss her acquisitions and manner of arranging art in the Venetian palace she designed to house it. (Monday, April 13 & Tuesday, April 21, 10:00AM - 11:30 classes in Lexington; Tuesday morning, April 28: bus trip to the Gardner Museum for a guided tour)

**Who the Dickens? A Cultural History** ~ Surveying the economic, social, and political dimensions of Charles Dickens' career, we will explore how he became one of the most influential figures in his times and why his works continue to resonate so powerfully today. (Thursdays, 10:00AM - 11:30, March 5, 12, 26 & April 2)

### O.W.L.L. SPRING 2015 REGISTRATION FORM (Please print clearly)

Name \_\_\_\_\_ Age (as of 3/1/15) \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email: \_\_\_\_\_

I would like to register for the following (in order of preference):

1. \_\_\_\_\_ 2. \_\_\_\_\_

**Please send form and check made out to FCOA for fee of \$25/course (Lexington residents) or \$50/course (Residents under 60 and non-residents) to: Friends of the Council on Aging, ATTN: O.W.L.L., P.O. Box 344, Lexington, MA 02420 or register at Lexington Senior Center. Financial aid available for Lexington residents. For further information, email [owll.fcoa@gmail.com](mailto:owll.fcoa@gmail.com).**

## Lexington Activities/Around Town

### FUEL ASSISTANCE INFORMATION FOR LEXINGTON RESIDENTS

The Fuel Assistance Program helps with the cost of heating your home, accepts new applications from **November 1, 2014 through April 30, 2015**. If you are interested in applying, please check the income guidelines (based upon the Poverty Level set by the Federal Government) below to find out if you qualify. If you do qualify, and would like to complete an application you must make an appointment to meet with an intake worker, and you will need to provide required documentation. Please call the Town of Lexington Human Services Department/Senior Center at 781-861-0194, ext. 13 to schedule an appointment and/or to inquire about the program.

#### FUEL ASSISTANCE ANNUAL HOUSEHOLD INCOME ELIGIBILITY GUIDELINES

2014-2015 –LIHEAP (Low-Income Home Energy Assistance Program):

Household size:	Maximum <b>Gross</b> Income:
1.....	\$32,618
2.....	\$42,654
3.....	\$52,691
4.....	\$62,727
5.....	\$72,763
6.....	\$82,800



### Help Preparing Your Income Taxes

**Sponsored by AARP/IRS**

For those over 55 (and some younger persons in special cases) with low to moderate incomes, trained and IRS certified Tax-Aide volunteers will be available at Cary Library and at the Lexington Senior Center to help prepare your Federal and State income tax forms. Sessions start Tuesday, February 3, 2015. Appointments are required and may be scheduled beginning in January. **Call 781-861-0194 to schedule an appointment.**



### Property Tax Relief for Seniors

If you are 60 plus and have low to moderate income, you may qualify for a 100% exemption from the Community Preservation Act property tax surcharge. There are no asset limits, you must own and occupy your home as your primary residence as of January 1, 2014.

Income figures are based on 2013 household income:

Household of 1— \$66,100

Household of 2— \$75,500

The deadline for filing Fiscal Year 2014 exemptions is 3 months after the first **Actual** tax bill is mailed out (not during preliminary tax bills). Example: Submit applications from January 1, 2015 until April 1, 2015. If you have questions please contact the Assessor's Office at Town Hall at 781-862-0500 ext. 203. Limited applications are available at the Lexington Senior Center.

**LEXINGTON SENIOR SERVICES**

1475 Massachusetts Avenue  
Lexington, MA 02420

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BOSTON, MA  
59348

Deliver to Current Resident

*Partial funding for the distribution of this newsletter is supported by a grant from the Executive Office of Elder Affairs.*

**The Town of Lexington Department of Human Services**

Visit our website at <http://www.lexingtonma.gov>

**Senior Center Lex Café**

**Lunch Monday – Friday, 12:00 p.m.** To make a reservation or cancellation please call Despina at 781-861-0194 by 10 a.m. the previous day. Weekly menus can be found in the *Lexington Minuteman* or at the Senior Center. Join us the last Monday of the month for Chinese food. Suggested donation is \$3.

Menus are subject to change. Meals provided by Minuteman Senior Services.

**Lunch with Town Manager– Carl Valente**

Friday, January 16<sup>th</sup> and February 20<sup>th</sup> from 12 p.m.– 1p.m.

Carl encourages seniors to bring any questions and concerns to him at this time.

**Newsletter**

The Senior Center newsletter will be sent out automatically by mail to Lexington residents age 65 and over. For others who wish to receive the newsletter, it can be picked up at Town Hall, Cary Library and at the Senior Center.

Please help reduce postage costs and paper used to print the newsletter by receiving the newsletter electronically at <http://www.egovlink.com/Lexington/subscriptions/subscribe.asp>

**Please call us at 781-861-0194 if you would like to be removed from our mailing list.**

**The Council on Aging Board**

Nancy Adler, Chair \* Gerry Howell, Vice Chair \* Betty Borghesani \* Ellen Cameron\* Camille Goodwin  
Sophia Ho \* Marion Kilson \* Harry Mackay \* Rich McDonough\* Barbara Rediker \* Julie Ann Shapiro

The COA Board meets monthly at the Lexington Senior Center. The next meeting is scheduled for January 7<sup>th</sup> and February 4<sup>th</sup> from 3:00 to 4:30 pm. Working in collaboration with Human Services staff, the COA advocates for Lexington seniors and advises the Town Manager on policy issues. The COA Board invites you to attend.

**The Friends of the Council on Aging (FCOA)**

Jane Trudeau, President \* Shirley Buck \* Janice Kennedy \* Mickey Khazam \* Leo McSweeney \* Julie Miller \*  
Susan O'Keefe \* Elaine Smith \* Eleanor Smith \* Carol Snell \* Shirley Stoltz \* Lorain Marquis

The "Friends" are a non-profit organization that provides advocacy and monetary support for many senior programs, trips, special meals and services. They meet at the Senior Center at 9:30 am on the 3rd Thursday of every month.

Please join us! For more information please visit our new website at <http://www.friendsoftheco.org>  
If you would like to make a donation to the FCOA, you will find donation envelopes at the Senior Center.

Mail to P.O. Box 344, Lexington, MA. 02420.

